



Holiday Camps

Cost **\$45**
per camp

Celebrate the National Holidays with your favorite National Pastime at Balls-n-Strikes! Join our staff of certified instructors as they take you through a series of teaching rotations including hitting, pitching, fielding, game strategies, and cageball! Players will be grouped in six based on age with one instructor. All instructors have a minimum of collegiate level playing experience. Register individually or as a group/team.

Martin Luther King, Jr. Day (January 21, 2012)

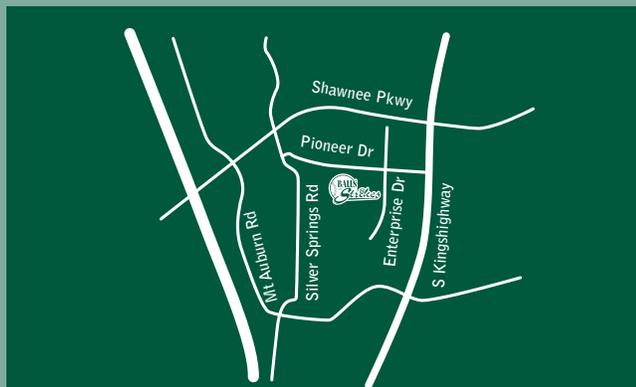
Session 1 9:00 am – 11:30 am

Session 2 12:30 pm – 3:00 pm

Presidents' Day (February 18, 2011)

Session 1 9:00 am – 11:30 am

Session 2 12:30 pm – 3:00 pm



Spring Break Hit Camp Cost \$60

This popular program focuses on fundamental hitting development. Players in groups of six will be rotating with one instructor through several hitting stations throughout the day learning new drills to improve their hitting. Our staff of certified instructors is set to go with a structured outline that will build from the first day to the second day. Register individually or as a group/team. Limited space is available.

March 28–29 (Thursday and Friday)

Session 1 9:30 – 11:30 am

Session 2 12:00 pm – 2:00 pm

For more information visit www.bnssports.us

Name _____

Address _____

City _____

State _____ Zip _____ Birthdate ____/____/____

Phone H _____ Email _____

Phone C _____ Phone W _____

Group Me With _____

Parent/Guardian Name & Signature _____

I hereby authorize the director of the Balls-n-Strikes camp/program to act for me according to his/her best judgment in an emergency requiring medical attention. I know of no mental or physical problems, which might affect my child's ability to safely participate in this camp/program. I will be responsible for any medical or any other charges in connection with his/her attendance in this camp/program. I agree to abide by the rules and regulations of the camp/program.

Balls-n-Strikes Cape Girardeau
826 Enterprise Dr
Cape Girardeau, MO 63701
P: 573.803.1099

Holiday Camps

Session

Session 1

Session 2

Camp

Martin Luther King, Jr. Day

Presidents' Day

Spring Break Hit Camp

Session

Session 1